

## Journal by Mabel Hubbard Bell, from July 20, 1883 to October 6, 1884

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JOURNAL of MRS. ALEXANDER GRAHAM BELL JULY–OCTOBER 1883 and FEBY–OCTOBER 6, 1884**

The following entries have been copied:

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February 3, 1884

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“ 6, 1884

" 25, 1884

" 26, 1884

Mabel G. Bell Oakland Hotel Oakland Ind. Season of 1883.

**DIET FOR INVALIDS.**

By JULIET CORSON.

**FRUIT AND VEGETABLES.**

WHILE in health foods are regarded as valuable in proportion to the amount of nourishment they afford, in sickness not only their nutritive but also their medicinal properties should be considered; for in many conditions of illness the restoration of health depends as much upon the food consumed by the invalid as upon medical treatment. This is especially true in regard to fruits, which are not only nutritious, but also possess refrigerant and corrective qualities to a marked degree. Their juice, charged with more or less sugar and with valuable phosphatic elements, is in itself an excellent aperient; the juicy fruits are the most digestible, with the exception of melons, which are usually served so cold as to impede digestion in a weakened system, and which seem to partake of the cathartic properties of their congeners, cucumbers. The fruits of denser tissue are less digestible than juicy varieties; all are best at maturity, neither over nor under ripe; overripe fruit disturbs the digestive organs from its tendency to ferment; unripe fruit more seriously disturbs them on account of its excess of acid. All juicy fruits are best adapted to the needs of the healthy system when eaten early in the day; those chosen for use at the late dinner should be dried or candied, such as raisins, figs, dates, and crystallized fruits. Currants are the least digestible of dried fruits. There is but little difference in the properties of fresh and perfectly canned fruits and vegetables.

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Fruits are often acceptable to the invalid when no other food seems desirable and their tonic and refrigerant action often creates a desire for more solid nutriment. Of all fruit ripe oranges are least likely to disturb the digestive organs, and for that reason they are seldom inadmissible in any form of illness. The aromatic oil present in the skin of freshly gathered oranges is sometimes so pungent as to burn the lips and cause a disturbance of the mucous membrane of the digestive organs. I have remarked this in using very fresh Florida fruit; the safeguard is, of course, to remove the skin before cutting the orange apart. Oranges are laxative, refrigerant, and nutritious, excellent in fevers and bilious affections.

Apples, when not fully ripe, are apt to cause colic; cooking them with sugar counteracts this tendency. Baked apples are slightly laxative and very wholesome. Ripe pears are moderately digestible; unripe ones need cooking with sugar to soften their tissue and overcome their acidity. Plums and cherries are always laxative, and when not perfectly ripe are apt to produce diarrhœa; in that state they should be stewed with sugar. Peaches, nectarines, and apricots are among the most nutritious and wholesome of fruits; they are refreshing and laxative; if unripe, they should be cooked with sugar in order to insure their perfect digestion.

While all fresh fruits are excellent laxatives, dried figs, prunes, and tamarinds are notable for exercising a similar influence.

Lemons have valuable tonic, refrigerant, and antiscorbutic properties, as also have limes, citrons, shaddocks, and grape fruit; the Florida grape fruit is so tonic as to be valuable in malarial affections; these fruits, together with oranges and tamarinds, are well-known remedial agents in rheumatism, scurvy, and jaundice. Cranberries, which contain benzoic acid in addition to citric acid in excess, possess marked antizymotic and antiseptic qualities. Rhubarb, currants, barberries, and gooseberries are laxative, cooling, and slightly tonic in their effect. Elderberries, water-melon, and musk-melon are laxative and diuretic. Mulberries, strawberries, raspberries, and blackcaps are nutritive and

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refrigerant. Raspberries and blackcaps are slightly astringent; blackberries, persimmons, pomegranates, and guava apples are decidedly astringent, valuable for checking morbid discharges in proportion to the quantity of tannic acid which they contain. Bananas are exceedingly nutritious, but rather indigestible.

Of all fruits grapes are the most valuable from a dietetic point of view. The seeds and skin are astringent and indigestible, while the juicy pulp is not only nutritious and refreshing, but possesses important medicinal properties. They contain hydro-carbon in the form of glucose or grape-sugar, potassium salts, and malic and tartaric acids; this combination of properties makes them nutritious, refrigerant, tonic, and laxative; they also have a marked diuretic effect. They are invaluable for use in dyspepsia and fever. So varied and abundant are their mineral elements that by European physicians they have been called "organic mineral water." In France, Germany, Austria, Hungary, the Tyrol, Switzerland, and Savoy, "grape cures" abound. Of course the pure atmosphere and general hygienic life of the "cures" have much to do with their efficacy, as is the case with all sanitariums; but the nutritious and curative qualities of the fruit are undeniable. In addition to small quantities of simple food, the patient is required to eat daily three or four pounds of fresh grapes, preference being given to their consumption in the open air of the vineyard; the daily allowance is gradually increased to ten or twelve pounds. The sweet white thin-skinned grapes are the ones preferred. In France many physicians order quantities of these grapes to patients in their private practice.

Like fruit, vegetables are valuable especially for their mineral salts; while they are comparatively less nutritious than meat, their use is absolutely necessary to the maintenance of health. The young shoots and leaves contain more mineral salts than mature stalks or roots; hence the peculiar value of celery, spinach, asparagus, and other succulent vegetables. All vegetables are laxative, and therefore should be avoided in colic and diarrhœa. Potatoes are antiscorbutic; mealy potatoes are more digestible than watery or new ones. Sweet-potatoes are more nutritious than white ones, but less digestible, and slightly laxative. Jerusalem artichokes are less digestible than potatoes; their lack of starch

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makes them available in Bright's disease and diabetes. Their general effect is antiscorbutic and diuretic. Other vegetable diuretics are carrots, garlic, horse-radish, dandelion, parsley, burnet, purslane, lettuce, asparagus, radishes, celery, and onions; of the last-named vegetables more will be said directly. Spinach is laxative; Brussels sprouts, cabbage, and cauliflower are antiscorbutic, and should not be cooked after they are tender. Vegetable marrow is delicate and digestible, but not nutritious; cucumbers, when cooked, are similar, but if eaten raw are apt to exert a cathartic influence. All these vegetables contain the valuable mineral salts of potash, saltpetre, lime, and iron; these phosphatic vegetable elements are valuable in all diseases arising from nervous exhaustion. Artichokes, radishes, asparagus, celery, and onions are excellent in rheumatism and neuralgia, especially asparagus and celery; the latter is an excellent tonic in all forms of nervous prostration. The diuretic and tonic effects of raw onions are marked, while their nutritive qualities are undeniable; they also exert a remarkably sedative influence. Lettuce is a good sedative, slightly laxative, and therefore free from the unpleasant secondary effects of some anodynes.

Of the vegetables which are used as condiments, capers and nasturtiums are stimulant, laxative, and antiscorbutic; sassafras, in the form of gumbo fileet, is diuretic and demulcent; mustard and horse-radish are antiscorbutic, diuretic, and stimulant; and the herbs are stomachics and nervines. The spices of vegetable origin are aromatic nervines and carminatives, which excite the appetite and stimulate the digestive system. The physician will always decide upon their advisability in any special dietary.

While vegetables are useful and almost indispensable adjuncts to nutrition, they do not seem to offer the system all the nourishment it requires to maintain it at a high degree of health. In communities which subsist entirely on vegetable food there is almost always some physical disturbance; and, in fact, but few persons are strict vegetarians; nearly all who are so called use milk, cheese, butter, or eggs in combination with vegetables, and thus secure the needed variety in their food.

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Corn is indigestible Washington Republican Feb 5 th. a 4 th. 1884

At the last meeting of the Academy of Sciences in Paris, M. Paul Bert gave the results of some researches which he has recently made respecting the administration of chloroform, particularly to persons of weak heart, in surgical operations. M. Bert is of the opinion that the quantity of an anæsthetic is less important to observe than the tension of the vapor inhaled and the proportion of air with which it is mixed. He has constructed an apparatus with which he administers a proportion of eight grammes of chloroform to a hundred liters of air. Experiments which he has made with this have shown that not only is a saving of chloroform effected, but the danger is considerably lessened. The pulse of the patient inhaling the mixture is calm, and the temperature of the body is not sensibly lowered, while in only four cases out of twenty-two was the slightest appearance of nausea produced.

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### **Cut by M. Johnson from a Florida paper— A Pretty Little Romance.**

It is a pretty romance, that of the wooing of Prof. Bell of telephone fame. His wife is the daughter of Mr. Gardiner G. Hubbard, whose skill as a patent lawyer has served Prof. Bell in good stead. At a very tender age Mrs. Bell lost her hearing after an attack of scarlet fever, and became in consequence a deaf mute. Her parents, hearing of the success in Germany in teaching deaf mutes to speak, took their daughter abroad, where she learned to speak both in French and German. On their return to this country Prof. Bell, then a teacher in a deaf mute institution, was engaged to give private lessons to Miss Hubbard. In time, finding himself becoming too much attached to his pupil, like an honorable man, he went to Mr. Hubbard and resigned his position, giving his reasons. Miss Hubbard was then too young to have her mind disturbed by such matters, so her father and lover thought. Men, however, do not always understand the early growth of a young girl's mind and heart. Prof. Bell's pupil drooped, and in time her parents discovered the cause of her melancholy. The young man was recalled and the wedding was celebrated. Their beautiful

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home in Washington is now one of the centres of hospitality, and Mrs. Bell among the most agreeable women in Washington society.

### **Harpers Young People September 2 nd 1884 WAS HE A HERO? A TRUE STORY.**

BY MARY DENSEL S. M. Cobb

THEY were all at the sea-shore during this very last July; among the rest, my little friend, with his aunt, who had taken care of him—wondrously tender and wise care—ever since his mother died, which was when Arthur Gaschina was a baby, fourteen years ago.

The breezes at Prout's Neck were fresh and cool, very different from the close air which had wilted them in the hot city. The ocean, dashing against the rocks or surging up on the beach, was cool also; more than that, it is always cold on this headland off the coast of Maine.

That is why visitors can not take salt baths unless the blood flows quickly through their veins, else first a shiver, then a chill, at last a deadly coldness comes over them.

But a certain clergyman, who was stout and full-blooded, a hale and hearty physician, and our boy Arthur were ready for anything in the swimming line. They would probably have taken a dip in the open polar sea if they had chanced to summer there. At any rate, Prout's Neck did not daunt them. The stout clergyman was diving and ducking, the energetic doctor was plunging about in the water, while the “summer boarders” stood on the shore to laugh at their antics.

“Any under-tow?”

“ *Ten* for every mother's son who puts his feet under water.”

“Be sure the Jamaica ginger is on hand.”

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"Hot-water bags furnished gratis to thaw out frozen limbs!"

The water sparkled, tempting the reverend Doctor far from the shore, closely followed by the irreverent Doctor, who swam like a frog. But all at once the latter turned toward the land. The spectators noticed that he swam slowly; presently that each stroke came with an effort.

But he gained his foot-hold.

"No more for me to-day, thank you. There's cramp waiting for some one out yonder. Come, Doctor, come."

But the clergyman didn't answer. He was floating on his back.

"Resting for a fresh swim."

But the "rest" seemed to last a long time. A big wave carried him farther from shore. Could anything be wrong? An anxious thrill ran through the watchers. They strained their eyes. It became more and more evident that there was serious trouble. Some one cried, "Bring a rope."

A panic seized the group on the beach.

Farther and farther out floated the bather. He was trying to signal "distress." Only his head could now be seen. The ladies wrung their helpless hands. There was not a man near who could swim, excepting the physician, and it would only be a double death should he brave that icy water again.

The clergyman was losing strength. He could not keep above those rolling waves much longer. The distress became agony. To stand on that shore and see a man drown before one's very eyes was too horrible.



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Suddenly the door of one of the bath-houses opened. There stood the slender figure of young Arthur Stearns, Gaschina Scudder bare-armed, bare-legged, clad only in the close-fitting shirt and short trousers which left his limbs free play. He gave one intent look, and seemed instantly to understand the situation. Never a word did he speak. There was a quick bound to the water, a rush into the surf, and he had struck out toward the drowning man.

A cry of anguish went up from the beach. What could a child avail at such a time? The large man would seize him as one in his extremity clutches at a straw. They would be swallowed up by that pitiless water. How could they tell the awful tale to the childless father? How could the mother-aunt bear her misery when she saw her cherished child sink before her very eyes?

Steadily on swam the boy. His brain was working through all the excitement. This is what it told him:

"You remember, Arthur Stearns, how your auntie was once saved from drowning by some one's pushing her to land by pressing his hand against her feet held out stiff and straight."

"I remember," said Arthur.

"Keep clear of the Doctor's hands," added the steady brain.

"I will," answered Arthur, and swam quickly on.

The on-lookers, breathless with suspense, saw him come closer, closer—now reach the clergyman. They shuddered with fear lest he should be seized and dragged down.

He was pausing. One little hand was put under the Doctor's head. He was evidently speaking. No one could hear, but they could discern that probably his words were understood.

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"I can push you ashore, sir, if you will keep your arms close to your side, and your feet together stiff, just as you are doing now. If you touch me we shall both drown."

The Doctor's sense had not wholly left him. He still knew enough to do as he was told.

With his left hand pressing the soles of the clergyman's feet, Arthur was making vigorous strokes with his free right arm.

Slowly, slowly, but surely, they were making progress. It was like a big man-of-war pushed by a tiny tug-boat. But the "tug" did valiant service. Nearer and nearer they came, till strong hands could reach out to draw the half-drowned clergyman to shore, and Arthur stood upright. His work was done.

Then they praised him. How those ladies did chatter and talk! They lauded the little hero to the skies. They patted and caressed him. They could find no words strong enough to express their admiration.

All that confused the boy. He had gone to the rescue of a perishing man. Of course he had. What else was there to do? He had known how to push him to land. Why, anybody ought to have known that. What was all this fuss about? It was very perplexing. He did not understand it—this simple-souled lad, who had been taught always, under all circumstances, to do the right. All day long their praises worried him.

But night-time came, and his aunt went upstairs to see that he was safe in bed, the mother-aunt, who had rejoiced greatly that her boy had proved himself worthy of the task set him. It was she who could always put matters in their true light.

"Arthur dear," she said, "what you did to-day was nothing wonderful, but it was very wonderful that it was *given to you to do*. That should make you very thankful."

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That view of the case was easy to understand, and a happy boy closed his eyes that night and slept.